

## **Raw Carrots**

Carrots are a common raw vegetable on vegetable trays. Strong teeth are needed to eat a raw carrot. That crunching sound may not be only the carrot breaking between the teeth. Tooth damage is likely if large, raw carrots are eaten. Carrots peeled with a potato peeler are commonly used in raw vegetable salads, stews, or eaten plain. Carrot peelings will snap between the fingers and will help to gently remove food particles from the teeth with less chance of cracking the teeth. They can also be a tasty treat with butter, or a favorite salad dressing covering them.

### **Pre Cook Preparation:**

A. Timer set for preparation time set for 10 minutes before you plan to eat

### **Meal Adaptations:**

#### **Physical Accommodations:**

Frozen or canned vegetables can be used

#### **Visual Accommodations:**

Colored chopping boards

#### **Potential Food Allergy or Intolerance:**

Butter (lactose)

Pepper

Spices

#### **Meatless Preparation Avoid:**

Butter

Substitute with: \_\_\_\_\_

### **Utensils:**

Chopping board

Fork

Knife

Pan: None

### **Ingredients:**

Meat: None

#### **Vegetables:**

8 ounces of raw carrots

#### **Other ingredients:**

Dash of salt

#### **Optional:**

2 tablespoons of butter

2 tablespoons of favorite salad dressing

Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:**

- 1. Wash 8 raw carrots well under warm water.**
- 2. Slice the 8 ounces of raw carrots.**
- 3. Add to a bowl or plate with:**
  - Dash of salt.**
  - Optional:**
    - 2 tablespoons of butter**
    - 2 tablespoons of favorite salad dressing**
    - Spices, such as pepper, to taste**

**Cook Temperature: None**

**Cook Time: None**

**Servings: 2 to 3**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes to an hour to place in the fridge or freezer**

**Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources**

**Reheat Instructions: None**